

CDC: Tips from Former Smokers – Shane (:60)

This program is presented by the Centers for Disease Control and Prevention.

[Shane] Hi, my name's Shane. I thought it would be helpful to give you some tips to deal with life after you get a tracheotomy from smoking. Like here's one. When you have a hole in your throat, don't face the showerhead. Water can go right into your lungs. So swimming's pretty much out, too. Also, when it comes to eating, cut all your food smaller than a dime. And if you drop your napkin, you should squat instead of bending over to get it, because you don't want the food in your stomach to come back up. Believe me, it happens. When you're working outside, keep your stoma covered. That's the hole in your neck. You don't want grass or anything else going into your lungs. And remember in case of emergencies, CPR isn't mouth-to-mouth. It's mouth-to-stoma. Those are just a few quick tips; you'll learn as you go. I did.

[Announcer] Smoking causes immediate damage to your body. You can quit. For free help, call 1-800-QUIT-NOW.

A message from the US Department of Health and Human Services and CDC.

For the most accurate health information visit www.cdc.gov or call 1-800-CDC-INFO.